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 016
 44 PM(UTC-4)
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 018
 1 AM(UTC-4)

Title: Notes
Source: Keep
Labels:
Body: Kneecaps, groin, throats and eyes - we get
 Happy when cops keel over and die

 Culture - system of norms and customs

 What are we denied how do we handle it
 What Direction / belief can we go in when we
 depart from dominant culture

 When loss is opened up, how do we fill it?

 We're all infected with a yearning for a wild
 freedom, but we all feel a certain shame in it.

 In order to retrieve the gifts buried in the deep
 unconscious one had to deal with the instinctual
 aspects of appetite; creative life, sensuality,
 sexuality, love of good that is almost mind
 possessing.

 Not keep you in cage,
 Innovative not martyred
 Don't be afraid of spontaneity

 A garden cannot bloom all the time, it has to be
 turned. Certain destructive things are a part of our
 cycle

 be a developed, conscious person, aspire to have
 k blossom. Connect to instinctual self.

 How to reconnect with the instinctual self:
 What am I hungry for, not just what's in front of
 me.

 Cant Offer a kindness
 Invisibilized work anti-patriarchy
 Wants me to be
 Nurturing // attentive // attunement
 Has the knowledge but won't spell it out
 Dynamic attunement vs one way of being with
 people

 She's doing it again, making me fight for the thing
 she needs / wants without the help I need /want.
 Only doing it in her way.

 Parylzed holdout stuff

 Istanbul, alright with myself, taxi man met
 Krystal, stole shows in mall. Had no money.
 Didn't want to steal from a Gypsy

 corporeal or quotidian reality

 Dave ziron
 Peoples history of sports
 To be idle is to be a stranger to the seasons

 As of speaking in sleep
 U-n-i-t-y : we are infinity
 Anarchy seeks to prove points through negative
 action
 Send Johnny newday todo
 Shark tank
Parties:

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[ATTACHMENT 2](#)